



Leg of Lamb with Garlic and Herbs

 Gluten Free  Dairy Free

READY IN



190 min.

SERVINGS



8

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 leg of lamb
- 3 garlic clove cut into slivers
- 3 teaspoons dill dried
- 1.5 teaspoons salt
- 1 teaspoon rosemary dried crushed
- 0.5 teaspoon pepper

Equipment

- oven

- knife
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Heat oven to 325°F. Do not remove fell (paperlike covering) from lamb. Make 10 or 12 small slits in lamb with tip of knife. Insert slivers of garlic into slits.
- Mix remaining ingredients; rub over lamb.
- Place lamb, fat side up, on rack in shallow roasting pan. Insert meat thermometer so tip is in center of thickest part of lamb and does not touch bone or rest in fat. Do not add water.
- Roast uncovered to desired doneness: For medium-rare, 1 hour 40 minutes to 2 hours 5 minutes or until thermometer reads 140°F; for medium, 2 hours 5 minutes to 2 hours 30 minutes or until thermometer reads 155°F.
- Cover lamb with tent of aluminum foil and let stand 15 to 20 minutes. Temperature will continue to rise about 5°F (to 145°F for medium-rare; to 160° for medium) and lamb will be easier to carve as juices set up.
- Remove foil.

Nutrition Facts

PROTEIN 66.17% **FAT 32.63%** **CARBS 1.2%**

Properties

Glycemic Index:16.5, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:18.68130392808%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 231.49kcal (11.57%), Fat: 8.08g (12.43%), Saturated Fat: 2.88g (17.99%), Carbohydrates: 0.67g (0.22%), Net Carbohydrates: 0.56g (0.2%), Sugar: 0.01g (0.01%), Cholesterol: 114.26mg (38.09%), Sodium: 547.72mg (23.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.87g (73.73%), Vitamin B12: 4.82µg (80.34%), Selenium: 42.12µg (60.17%), Vitamin B3: 11.14mg (55.71%), Zinc: 6.88mg (45.89%), Phosphorus: 348.52mg (34.85%), Vitamin

B2: 0.45mg (26.41%), Iron: 3.47mg (19.28%), Vitamin B1: 0.25mg (16.93%), Vitamin B6: 0.32mg (16.22%), Potassium: 534.73mg (15.28%), Vitamin B5: 1.29mg (12.94%), Magnesium: 50.43mg (12.61%), Copper: 0.23mg (11.61%), Folate: 41.15µg (10.29%), Manganese: 0.09mg (4.69%), Vitamin E: 0.4mg (2.63%), Calcium: 20.42mg (2.04%)